

## Choosing a Program in Psychedelic Research, Therapies, Education: 25 Things To Consider

We are sometimes asked why an interested party should choose our program over others, or what are the best things about our certificate program. This is something that each individual must decide for themselves. We have carefully planned a comprehensive curriculum to meet our stated program goals and hope you will find our program appealing; however, in good faith we cannot tell anyone how to make their decision, nor do we wish to create competition with others who offer a training program. Rather, we suggest you might want to consider aspects below to help you make your decision. The items below are not in any priority or particular order of value, and there are other aspects to consider or questions to ask that may come up for you that are not listed here in determining the benefits and shortcomings of any program related to your personal and professional values and objectives. We suggest taking time to first learn everything you can about the program from their website, publications/marketing materials, articles, or from graduates of the program before cultivating a short list of your most important questions to ask via email, phone call, or interview. We wish you good luck in your decision-making! ~Warmly, Karen

1. Quality, quantity, location, reputation, focus/stated purpose of program. (Quantity could be length of time of program, # of hours total, frequency of meetings and length of each class/meeting; time for assignment completion outside of class meetings, time needed for completing required assignments outside of class meetings; location - online or in-person and where, do you have pay for your travel, lodging, food, other expenses?)
2. Academic institution (certified?) or private business?
3. Is the organization for profit or not-for-profit? How important is that to you? (Who owns and funds the company, do they sell other services and possibly profit from that by having a training program?)
4. Funding sources? Donors, tuition only, grants, profit?
5. Offer certificate of completion? Degree? Are continuing education credits available?
6. How long has program been in place?
7. Who are the teachers/presenters? What is their background and philosophy with psychedelics/ how experienced are they in psychedelic research and therapies, how available are they to meet with trainees?
8. Presentation methods: lecture, panel discussion, interactive group work (small and large), ample Q&A time, role play, video, flip class, live streaming, recorded only or combination?)
9. What topics are covered?
10. How much of the curriculum is based on recent academic research? Does it include:
  - a. Pharmacology
  - b. Neurobiology
  - c. Psychology
  - d. Therapy skills
  - e. Spirituality
  - f. Culture
  - g. Communication

- h. Ethics
  - i. Is there a stated value and efforts towards Diversity, Equity, Inclusion, Belonging?
- 11. How is your learning evaluated? What support is in place if you need to further skills and/or knowledge? What is the process for remediation if a trainee has difficulty?
- 12. What resources are provided to trainees? (e.g., Library, meet with teachers, staff support, mentoring, videos, clinical supervision, personal tutorials or just virtual?)
- 13. Amount of reading material required and recommended? Access to readings if I cannot afford or don't want to purchase?
- 14. Are additional certifications embedded in program?
- 15. Is there a method for trainees to provide anonymous feedback about the program?
- 16. Other: Interdisciplinary representation of professions within trainee cohort? Networking opportunities during program and/or after graduation? Is experiential component included-what kind, is it optional (is it legal? With legal medicine or not and what is the drug? What preparation, integration and support is offered?)
- 17. Partnerships/collaboration/sharing with other organizations, programs, public?

To ask yourself:

- 18. What do I know/have I learned about psychedelic-related research, therapies and education thus far?
- 19. What skills, knowledge, and experience do I have that will be a valuable contribution to my cohort, and what can you bring to the table to help move the research or therapy forwards?
- 20. What connections, if any, do I have now in this field?
- 21. What support do I anticipate possibly needing when participating in this training program, and how will I ensure I get that support?
- 22. What is my objective-for now and for my future self? (What is my primary focus/area of interest/what do I envision doing after graduation and does this program offer a way to help me get there or find a potential path for me?) Examples:
  - a. Knowledge, to learn more (could do online only)
  - b. Camaraderie/networking/collegiality (need hybrid program, in-person, or high ability to connect with others virtually)
  - c. Employment (private practice, now vs after legalization; study site, with current employer?)
- 23. Timing-is now the right time for me to apply?
- 24. "I'd love to do the research" – what do I know about working in the clinical research setting? (Are you talking about bench science? Do you mean be a guide-therapist? Do you mean you like to write literature reviews, study protocols, or does 'research' mean reading on the internet - scholarly and science literature or social media or news articles? Etc....)
- 25. Does it make intuitive sense for me to apply? Rational sense to apply now? What emotions and body sensations come up for me when considering this program?